

What is claimed is:

1. A slide rail in which V-grooves having a V shape in cross section are formed in a lengthwise direction in the outside faces of a pair of inside rails provided so as to face each other and in the inside faces of a pair of outside rails provided on the outside of both said inside rails, and said outside rails are moved relative to said inside rails by spherical bodies provided between both said V-grooves,

wherein there is provided a stay both ends of which are supported on the inside faces of both said inside rails, and said stay is provided with a regulation mechanism for regulating and maintaining a distance between both said inside rails.

2. The slide rail according to claim 1, .

wherein there is provided a sprocket for a chain for driving said outside rail on the inside face of said inside rail, and said stay is supported on said inside rails via a sprocket shaft which supports said sprocket on said inside rail.